



InShape

West Valley City Family Fitness Center News



Membership Has Its Advantages!

Did you know that for less than one dollar per day, your family can have access to West Valley City's award-winning Family Fitness Center? Featuring a lap pool, a leisure pool with the state's tallest indoor waterslide, basketball and racquetball courts, an indoor track, cardio equipment, a weight room, a climbing wall, dance and aerobic rooms, and a soft-play "edutainment" room for children, the Family Fitness Center has something for every member of the family!

In addition to the many amenities, your membership includes free child care (first hour free, \$1.50 for each additional hour), two free personal training sessions for each adult on the membership (up to four sessions), free monthly body composition testing, discounts on programs and special events, free use of rental equipment, discounts on party packages, free movies and crafts in the edutainment center, one free four-week fitness class pass each year, and more!

For more information, call 955-4000 or visit www.westvalleyfitnesscenter.org.

Men's Three-on-Three Basketball (Ages 17 and Older)

January 7 – March 10
Mondays & Wednesdays at 6PM

\$200 per team, up to six players

First and Second place awards

Registration due December 21

Big Kids Ball (Boys and Girls Ages 7 – 10)

January 19 – February 23
Saturdays, 10 or 11AM

Members: \$30
Non-Members: \$35

Includes photo, t-shirt, and award

Registration due January 7

Itty Bitty Ball (Boys and Girls Ages 4 – 6)

January 19 – February 23
Saturdays, 10 or 11AM

Members: \$30
Non-Members: \$35

Includes photo, t-shirt, and award

Registration due January 7



West Valley Dance Force

The Family Fitness Center offers all formats of dance, including ballet, hip-hop, jazz, cheer, tap, and more! Adult classes are also available.

Schedules vary.

For more information, call the dance hotline at 955-4030.

Adult Doubles Racquetball League (Men and Women Ages 17 and up)

January 8 – March 11
Tuesdays & Thursdays, 6PM

\$80 per team
Guaranteed at least 10 games

Registration due December 21

Upcoming Activities

December 14	Kids' Night Out, 6PM
December 15	Breakfast with Santa, 9AM
December 24	Holiday Hours, 5AM – 12 Noon
December 25	Family Fitness Center Closed
New Years Eve	Holiday Hours, 5AM – 4PM
January 1	Holiday Hours, 10:30AM – 5PM



Busy Bee

This twice-a-week program is designed for 3 and 4 year olds (must be potty trained), and features a variety of activities including arts & crafts, music, letter & number recognition, and more!

Members - \$40/month
Non-Members - \$45/month

For more information, call 955-4000.



5415 West 3100 South, West Valley City, UT, 84119 (801) 955-4000 www.westvalleyfitnesscenter.com
Facility Hours: M-F 5:00AM - 10:00PM Saturday 6:30AM - 9:00PM Sunday 10:30AM - 5:00PM
Lap Swim M-F 11:30AM - 9:00PM Saturday 6:30AM - 8:00PM Sunday 10:30AM - 4:00PM
Open Plunge: M-F 11:30AM - 9:00PM (slide opens at 3PM) Saturday 11:30AM - 8:00PM Sunday 12:00PM - 4:00PM

